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## Adult Education

### AE/GED

423-610-0222

Please call to pre-register for an orientation class

Location For Orientation/Assessment Classes [By Registration Only]:

Northeast Tennessee Career Center      Monday or Friday 8:00 am – 4:30 pm

### Educational Opportunity Center

423-392-8043;

[www.etsu.edu/outreach](http://www.etsu.edu/outreach)

The EOC is a FREE program set-up to assist adults in earning a high school diploma or GED and to assist adults with college or vocational school enrollment at the school of their choice. The EOC can help you determine your educational goals, visit area vocational training center and colleges, brush-up on test-taking and study skills, complete financial aid applications, complete college admission applications, explore career options, and adjust to college. Eligibility Criteria: Family Income after taxes falls within the federal income guidelines (income eligible families receive first preference), neither parent has earned a four-year degree, and Applicant must reside in Carter, Greene, Hawkins, Johnson, Sullivan, Unicoi, or Washington counties in TN or in Scott or Washington counties in VA. Location: 1501 University Blvd, Kingsport, TN 37660.

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## Help Understanding Medical Materials

### Medical Care Care Coordination Department

423-431-0517

### Elizabethton Public Library

423-547-6360

### Johnson City Public Library

423-434-4450

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## Choices

### First Tennessee Area Agency on Aging and Disability

Provides many services for the disabled and elderly, including: Information and Assistance, Service Coordination, Family Caregiver Support Program, Nutrition Program, Legal Services and Transportation.

Washington County      423-928-0224

Sullivan County      423-764-1818

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## Child Care/Youth

### Neighborhood Service Center

423-753-3097

Provide emergency food service, family support program, comprehensive emergency FEMA program, weatherization program, childcare referrals, and educational assistance. In addition, provide assistance with utilities, rent, food, and clothing. Office is located at 300 East Main Street Suite 303 Johnson City. Hours are Monday through Friday 8:00am to 4:30pm.

## 2 | Community Resources

### Head Start

423-246-6180

Provide preschool, health services, and social services for low income children. The office is located at 101 Dyer Street Johnson City. Hours are Monday - Friday, 8:00am to 4:30pm.

### Boys & Girls Clubs

www.bgca.org

Provide programs in Character & Leadership Development (Mentor-ship, Community Service Projects, Leadership, Youth Entrepreneurship), Education & Career Development (Homework Assistance, Individual Tutoring, Job Training, Educational Games, Computer Skills, Internet Safety), Health & Life Skills (Nutrition, Drug & Alcohol Prevention, Environmental Education), Sports, Fitness, & Recreation (Football, Basketball, T-Ball, Soccer, Swimming, Pool Games, Foosball, Sports Leagues), and The Arts (Photography, Digital Arts, Digital Photography, Jewelry Making). Before school, After school, School Holiday, and Summer Programs available. Some fees may apply.

Johnson City/Washington Co.

423-461-4560

2210 West Market St, JC, TN 37604

www.gokidz.org

Elizabethton/Carter Co.

423-543-2946

Greater Kingsport

423-230-4160

Eastman Center, 1 Positive Place, Kgpt,

Tn, 37662 www.kbgc.org

Bristol, TN

423-989-3345

704 Florida Ave, Bristol, TN, 37620

www.bristolclub.org

### Y.M.C.A

1-800-872-9622

Provides programs in Youth Development such as Child Care, Education & Leadership, Swim, Sports, & Play, and Camp. Some fees may apply. www.ymca.net

Unicoi County

Ph 423.743.3361

601 Love St, Erwin, TN 37650

Greater Kingsport

Ph 423.247.9622

1100 Franklin Sq, Kgpt, TN 37664

Bristol

Ph 423.968.3133

400 M L King Jr. Blvd, Bristol, TN 37620

### TN Parent Hotline

1-800-356-6767

Provide 24 hour toll-free assistance including supportive listening, information, and referrals for families experiencing problems or stress. Parents are encouraged to explore solutions to the stresses of parenting and assistance is provided to link families with community support services. Behavior management, child development, and nonphysical forms of discipline are discussed.

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## **Clothing/Toiletries**

### God's Corner

423-929-1915

Provide emergency food boxes, assistance with clothing, and assistance with household items. Program operates a thrift store that offers low cost or free items to those in need.

Thrift store is located at 1200 East Lakeview Drive, Johnson City. Hours are Monday – Saturday, 9:00am – 3:30pm.

Good Samaritan Ministries

423-928-0288

Provide shepherds breakfast and lunch program through the melting pot, food pantry, medication assistance, medical equipment assistance, good shepherd day center, rent/utility payments/deposits, agency service coordination/referral, summer food program for families with school children on reduced or free lunches, school supplies for children, holiday assistance, adopt-a-family program, social work case management, phone assistance for medical reasons, message phone for homeless/unemployed, transportation, showers, clothing, job/education assistance, eye exams, and eye glasses.

Salvation Army

423-926-2102

Office is located at 208 Ashe Street, Johnson City.  
Hours are Monday – Friday, 8:30 am – 4:30 pm.

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## Dental Care

ETSU Dental Hygiene Clinic

423-439-4514

Provide dental hygiene therapy, oral cancer examination, dental charting, periodontal assessment, preventive oral health instructions, fluoride, soft tissue management programs, supportive periodontal therapy, occlusal sealants, oral examination, patient education, and dental radiographs. Senior Citizens receive **free** treatment (there is a charge to copy x-rays to be sent to your dentist). Office is located at 104 Lamb Hall ETSU Campus Johnson City. Hours are by appointment.

Keystone Dental Clinic

423-232-7919

Provide dental care for low-income adults ages 21 and above. Office is located at 603 Bert Street Johnson City. Open for appointments Monday – Friday, 8:00am – 5:00pm. Accepting applications Mondays, Tuesday, and Thursdays.

Healing Hands

423-652-0260

Healing Hands Health Center's Dental Clinic in Bristol provides acute dental care. Primarily fillings, extractions and cleanings, for low-income adults who:

- Do not have personal or employer-provided dental insurance and do not qualify for any government-funded dental insurance (Medicaid or Famis)
  - Are not eligible for free/charitable care elsewhere
  - Reside in Northeast Tennessee and Southwest Virginia
  - You or someone in your household must be employed, unless you are on disability, retired or a student.
  - Have an annual household income at or below 200% of the Federal Poverty Guidelines.
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## Disability Services

There are two ways that you can apply for disability benefits. You can:

1. Apply at **www.socialsecurity.gov**; or
2. Call Project Access at **1-800-772-1213** to make an appointment to file a disability claim at your local Social Security office or to set up an appointment for someone to take your claim over the telephone. The disability claims interview lasts about one hour. If you schedule an appointment, a Disability Starter Kit will be mailed to you. The Disability Starter Kit will help

you get ready for your disability claims interview. If you apply online, the Disability Starter Kit is available at **[www.socialsecurity.gov/disability](http://www.socialsecurity.gov/disability)**.

You should apply for disability benefits as soon as you become disabled. It can take a long time to process an application for disability benefits (three to five months). To apply for disability benefits, you will need to complete an application for Social Security Benefits and the Disability Report. You can complete the Disability Report at **[www.socialsecurity.gov/disability/3368](http://www.socialsecurity.gov/disability/3368)**. You can also print the Disability Report, complete it and return it to your local Social Security office. They may be able to process your application faster if you help them by getting any other information they need.

The information they need includes:

- Your Social Security number;
- Your birth or baptismal certificate;
- Names, addresses and phone numbers of the doctors, caseworkers, hospitals and clinics that took care of you and dates of your visits;
- Names and dosage of all the medicine you take;
- Medical records from your doctors, therapists, hospitals, clinics and caseworkers that you already have in your possession;
- Laboratory and test results;
- A summary of where you worked and the kind of work you did; and
- A copy of your most recent W-2 Form (Wage and Tax Statement) or, if you are self-employed, your federal tax return for the past year.

#### First Tennessee Area Agency on Aging and Disability

Provides many services for the disabled and elderly, including: Information and Assistance, Service Coordination, Family Caregiver Support Program, Nutrition Program, Legal Services and Transportation.

Washington County 423-928-0224 Sullivan County 423-764-1818

Allsup Social Security Disability Representation - Allsup is an organization that provides a free Disability evaluation for individuals who meet the following criteria:

- You are under your full retirement age (65-67);
- You have a medical condition expected to last at least 12 months; and  You have worked 5 out of the last 10 years.

Visit <https://www.allsup.com/about-ssdi/free-ssdi-evaluation> for the evaluation form or [www.allsup.com](http://www.allsup.com) for more information about the program.

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### **Domestic/Relationship Violence**

Victim Compensation - In some cases crime victims may incur expenses such as bills for medical treatment, hospital and doctor's visits, etc. These victims may be eligible for monetary compensation from the Tennessee Victim's Compensation Fund. For more information contact the Victim/Witness Coordinator of the Sullivan County District Attorney's Office at 423-279-3288.

Domestic Violence – Abuse Alternatives operates a domestic violence shelter that serves victims of domestic violence from Bristol and the surrounding jurisdictions. They maintain a 24-hour hotline at 800-987-6499 or 423-764-2287. Their website [www.abusealternatives.net](http://www.abusealternatives.net) provides information for victims of domestic violence including information on safety planning. The Crisis Center [www.crisiscenterinc.org/](http://www.crisiscenterinc.org/) also operates a 24-hour hotline at 276-466-2312.

The Shepherd's Inn 423-542-0180  
Women's Shelter

Change is Possible Family Violence Shelter 423-743-0022

Hope House 423-239-7994 / 423-276-7994  
Maternity Home and Crisis Pregnancy Resource Center

ETSU Department of Counselling

423-439-7679

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## **Employment**

### Northeast Tennessee Career Centers

Career centers are located around the tri-cities, and will help with job search, resume building, and job skills. Please call the location closest to you for more information.

Johnson City Center  
2515 Wesley Center  
Johnson City, TN 37601  
423-610-0222

Elizabethton Center  
386 Highway 91  
Elizabethton, TN 37644  
423-547-7515

### Spherion Staffing and Recruiting

423-283-3059

Career Center offering temporary, temp-to-perm, and permanent jobs (both full-time and part-time). Areas of expertise include: Accounting & Finance, Engineering & Manufacturing, Human Resources, Legal, Sales & Marketing, and Technology. Hours are from 8:00am to 5:00pm Monday through Friday.

### Good Samaritan Ministries

423.833.2557 or 423.202.8179

Tennessee Reentry Collaborative (TREC). This program assists those who were formerly incarcerated with re-entry into the community.

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## **Eye Care**

Good Samaritan Ministries (423-928-0288) has a free clinic. You must call to have your name placed on a waiting list. When they have a clinic they will call and schedule the appointment with you. Once you have been examined and you have a prescription, they will give you a voucher for a retail store to purchase glasses.

Lions Club <http://www.lionsclubs.org/EN/how-we-serve/health/sight/index.php>

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## **Financial (Crisis Utility and Rental Assistance)**

ARM 714 W C St, Elizabethton, TN 37643 423-542-0919  
Tuesday, Wednesday, Thursday 10am – 5pm (closed for lunch)

### Catholic Charities

423-753-3001

Provide assistance with utility bills, medicine, and food. Office is located at 703 East Jackson Boulevard, Jonesborough. Hours are Monday – Friday, 8:30 am – 4:30 pm

### Salvation Army

423-926-2102

Provides social service programs including assistance with food, utilities, rent, housing, clothing, and emergency shelter. Office is located at 208 Ashe Street, Johnson City. Hours are Monday – Friday, 8:30 am – 4:30 pm.

Consumer Credit Counseling Service

423-332-5960

This program offers newlywed budget counseling, debt management, education, and comprehensive housing counseling. Office is located at 2700 South Roan Street, Suite 212, Johnson City. Hours are Monday 7:30 am – 6:00 pm, Tuesday 7:30 am – 4:00 pm, Wednesday – Friday 7:30 am – 5:00 pm.

Neighborhood Service Center

423-753-3097

Provides assistance with utilities, rent, food, and clothing.

St. Vincent DePaul

423-434-0836

Provide financial assistance for rent, utilities, food, and gas for travel to doctors' appointments. Leave a voicemail message (receives calls only on Monday or Thursday).

Upper East Tennessee Human Development Agency

423-246-6180

Provides assistance with utility bills through the Low Income Home Energy Assistance Program (LIHEAP). Income eligibility ranges from 125% to 200% of the Federal Poverty Level. Priority is given to households with members who are elderly, disabled, and/or under the age of six. Payments are made to the local utility company or energy supplier directly.

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**Food**

Second Harvest Food Bank of Northeast TN

423-477-4053

127 Dillon Ct, Johnson City, TN 37615

Good Samaritan Ministries

423-928-0288

Provide shepherds breakfast and lunch program through the melting pot, food pantry, medication assistance, medical equipment assistance, good shepherd day center, rent/utility payments/deposits, agency service coordination/referral, summer food program for families with school children on reduced or free lunches, school supplies for children, holiday assistance, adopt-a-family program, social work case management, phone assistance for medical reasons, message phone for homeless/unemployed, transportation, showers, clothing, job/education assistance, eye exams, and eye glasses.

East Side Freewill Baptist Church

423-543-3454

704 Siam Rd, Elizabethton, TN 37643

Hands out food boxes on the SECOND TUESDAY of each month.

Valley Forge Freewill Baptist Church

423-542-5344

1503 Riverview Dr., Elizabethton, TN 37643

Hands out food boxes on the SECOND WEDNESDAY of each month.

Munsey Memorial United Methodist Church

423-461-8070

201 South Roan Street, Johnson City, TN 37601

Shepherd's Breakfast – the place to be on Saturday mornings for sausage and eggs, biscuits and gravy, as well as a newspaper and plenty of fellowship.

Our Daily Bread – a weekday joint ministry between Munsey and Good Samaritan Ministries which coordinates 26 churches to prepare and serve lunches.

River's Edge Dream Center

423-543-4901

1200 19E Bypass, Elizabethton, TN 37643

Three meal a day kitchen that offers food to anyone that needs a warm meal and a food pantry that is able to give food resources to anyone that is in need of food

Salvation Army

423-926-2102

Provide social service programs including assistance with food, utilities, rent, housing, clothing, and emergency shelter. Office is located at 208 Ashe Street Johnson City. Hours are Monday through Friday, 8:30am to 4:30pm

Department of Human Services (DHS)

423-929-0171

Provide system of coordinated human services to meet the changing needs of individuals, children, and families. Goal is to protect the vulnerable and enable those in need to achieve self-sufficiency and improve quality of life. Programs include Families First, Food Stamps, TennCare, regulating childcare centers, and managing child support services. Office is located at 103 East Walnut Street Johnson City. Hours are Monday through Friday, 8:00am to 4:30pm.

Elizabethton Senior Center

423-543-4362

428 East G Street, Elizabethton, TN 37643

Daily meals at low cost

Hale Community Ministries

423-547-2560

1301 Arney Street, Elizabethton, TN 37643

Monday and Wednesday 8am-4pm, Tuesday 8am -12pm

ARM

714 W C St, Elizabethton, TN 37643

423-542-0919

Tuesday, Wednesday, Thursday 10am – 5pm (closed for lunch)

Food

Meals on Wheels

423-247-4511

Meals on Wheels is available in Carter, Greene, Johnson, Hancock, Hawkins, Sullivan, Unicoi and Washington Counties.

<https://mealsonwheelskingsport.org/>

<https://fthra.org/programs>

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**Government-Issued Cell phone**

Safelink: go to <https://www.safelinkwireless.com> to complete application

Assurance Wireless: go to <https://www.assurancewireless.com> to complete application

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## Home Health/Hospice/Personal Care

Amedisys 423-547-2310  
1500 W Elk Ave Suite #201, Elizabethton, TN 37643  
<https://www.amedisys.com/contact/>

Silver Angels 423-543-1250  
1500 W Elk Ave #109, Elizabethton, TN 37643

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## Housing/Home Repair

Housing Authority  
423-232-4784 (Wash Co.) 423-392-2507 (Sullivan Co.) 423-543-3571 (Carter Co.) Provide housing assistance, subsidized housing, and section 8 rental assistance program. Hours are Monday through Friday, 8:00am to 4:30pm.

Upper East TN Human Development Agency 423-542-5121 or 423-753-3097 [www.uethda.org](http://www.uethda.org)  
Provides Childcare services, Head Start, Heating assistance, major Household Repair for home owners, HUD Housing Counseling, and Retired/Senior Volunteer program. Also provides Emergency Assistance, Companionship, Family Support services, Nutrition, Household goods assistance, and Homeless program through a community services block grant. Office is located at 300 East Main Street Johnson City. Hours are Monday through Friday, 8:00am to 4:30pm.

Good Samaritan Ministries 423-928-0288  
Provide shepherds breakfast and lunch program through the melting pot, food pantry, medication assistance, medical equipment assistance, good shepherd day center, rent/utility payments/deposits, agency service coordination/referral, summer food program for families with school children on reduced or free lunches, school supplies for children, holiday assistance, adopt-a-family program, social work case management, phone assistance for medical reasons, message phone for homeless/unemployed, transportation, showers, clothing, job/education assistance, eye exams, and eye glasses.

Salvation Army 423-926-2102  
Provide social service programs including assistance with food, utilities, rent, housing, clothing, and emergency shelter. Office is located at 208 Ashe Street Johnson City. Hours are Monday through Friday, 8:30am to 4:30pm

Family Promise 423-202-7805  
Assistance with housing for families with children.

Appalachian Regional Coalition on Homelessness 423-928-2724 321 Walnut  
Street, Johnson City, TN 37604

Johnson City Downtown Day Center 423-439-7371  
A safe place for homeless individuals to go during the day to receive essential services. These services include: medical and mental health clinics, counseling, Substance Abuse and Trauma groups, case management, washer/dryer services, shower services, and a clothes closet. The JCDDC is open to



individuals, families, and youth over the age of 18 years old. Case Managers are on site daily to assist all clients with navigating the homeless services process in Johnson City. These services can include obtaining housing, employment, state ID/birth certificate and applying for SSI/SSDI. The JCDDC is open Monday thru Friday from 7:00 am - 3:30 pm.

The Shepherd's Inn  
Women's Shelter

423-542-0180

Weatherization Assistance Program (WAP)

423-246-6180

301 Louis St, Kingsport, TN 37662 <http://www.tn.gov/wap/>

Provides energy-reduction assistance to low-income families by weatherizing their homes. WAP services are available in all 95 TN counties. Requires an Application. Income Guidelines. Eligible households with elderly, disabled, or young children are given priority for service. Funded by the Department of Human Services – Services provided through Upper East TN Human Development Agency

Appalachian Service Project

423-854-8800

Appalachia Service Project repairs homes free of charge for families in Kentucky, Virginia, West Virginia, and Tennessee. Repair work will be performed by high school volunteers and their adult leaders from church and school groups all over the country. Volunteers work for one week at a time in the spirit of love and commitment to improving our world. If ASP agrees to work on your home, crews of about 7 people at a time will work on your home for anywhere from 1 to 8 weeks, depending on the work. An Application is required and can be found at <https://www.asphome.org/apply/>

**Fill out the Home Repair Application as completely as possible.** Give detail about the areas in need of repair (what needs to be done, or what the problem is). Include a phone number if possible- if not your own, then the number of someone who can easily contact you.

**Give clear, accurate driving directions to your home,** starting from a certain town or intersection. Remember that the staff is arriving in the county maybe for the first time, and may have difficulty with unclear or inaccurate directions. If they cannot find your home, they cannot sign an agreement with you for repairs.

**Reapply every few years.** Referrals are kept on file for the staff, but as people often move or may find help with repairs from another organization, they typically only keep referrals dated for the current year and the two previous years.

United States Department of Agriculture: Rural Development

Rural Repair and Rehabilitation Loans and Grants. The Very Low-Income Housing Repair program provides loans and grants to low-income homeowners to repair, improve, or modernize their dwellings or to remove health and safety hazards. Must be unable to obtain affordable credit elsewhere. Preference is given to households with a member 62 yrs old or older.

Carter County – Elizabethton Service Center  
419 West Elk Ave, Elizabethton, TN 37643-2569  
P 423-542-2341; F 423-547-0149

Johnson County – Mountain City Service Center  
307 College St, Mountain City, TN 37683-1301  
P 423-727-7011 Ext 3; F 423-727-6751

Washington County – Jonesborough Service Center  
1105 East Jackson Blvd, Jonesboro, TN 37659-4775  
P 423-753-2192; F 423-753-9356

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## Legal

Consumer Credit Counseling Service 423-332-5960

This program offers budget counseling, debt management, educational programs, and comprehensive housing counseling. Office is located at 2700 South Roan Street, Ste 212, Johnson City. Hours are Monday 7:30 am – 6:00 pm, Tuesday 7:30 am – 4:00 pm, Wednesday-Friday 7:30 am – 5:00 pm.

Legal Services of East Tennessee 423-928-8311; 1-866-408-6573 (Spanish) Free legal assistance to low-income persons. Legal services do not handle criminal matters unless court appointed. Legal assistance is available to seniors which is not income-based. A legal aid representative returns calls during certain office hours. Office is located at 311 West Walnut Street, Johnson City. Appointments can be made Monday – Friday, 9:00 am – 11:00 am.

Good Samaritan Ministries 423-928-0288

Legal Clinic on the 1st Saturday of every month. Attorneys offer free legal advice.

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## Medication Assistance

Prescription Discount Cards. CoverRx provides discounts on Generic medications. With the **NeedyMeds Drug Discount Card (needymeds.org)** you can save up to 75% off the price of your prescription medications not covered by insurance. The card is free and easy to use. Just cut it out. The card is accepted at over 59,000 pharmacies, including major chains such as CVS, Walgreens, and Rite Aid and most regional chains. Everyone is eligible to have a card. There are no fees, no registration, no paperwork, and no restrictions. Your card is active immediately. You can share it with friends and family members.

Patient Assistance Programs. Forms are available on the website of your medication manufacturer. There are Patient Sections for you to complete, sign & date. There are Provider Sections for your provider to complete, sign & date. Make sure you read all instructions, follow all directions, and attach any requested documentation. Please return and have your healthcare provider submit them on your behalf. Keep a copy for your records. If you need assistance finding forms please call Medical Care's Care Coordination Department at 423-431-0517.

ETSU Charitable Pharmacy is a pharmacy that provides medications to patients who qualify. You will need to contact their office at 423-926-2500.

Medicare Extra Help Program: Apply at the Social Security office. 1-800-772-1213

Project Access 423-232-6700

Assistance in applying for insurance coverage

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## **Mental Health Services/Counseling/Alcohol&Drug**

### Red Legacy Recovery

423-342-6893/423-297-1230

210 S Hills Dr., Elizabethton, TN 37643

This is for recovering female addicts. This recovery program will help with anything. Travel, food, etc. as long as the person seeking aid attends one recovery meeting a month; every Tuesday.

<https://www.redlegacyrecoverytn.com/>

[redlegacyrecovery@gmail.com](mailto:redlegacyrecovery@gmail.com)

Hours of Operation: Mon - Fri: 9am - 6pm, Saturday: 10am - 2pm, Sunday: Closed

### ETSU Community Counseling Clinic

423-439-7679

This clinic offers free counseling for individuals, couples, families and groups.

### Preferred Alternatives

This clinic offers Psychiatry, Therapy, Crisis Response, Case Management, In-Home Services, Club House, and Substance Abuse Counseling. Sliding fee scale based on income. Office is located at 162 West Springbrook Drive, Johnson City, TN 37604.

### Frontier Health

This clinic offers Individual & Group Psychotherapy, Marital & Family Therapy, Pharmacotherapy, Crisis Services, Case Management, Education & Consultation Services, Parenting Classes, Psychiatric Consultation, and Intensive Outpatient A&D.

They help patients apply for the Mental Health Services Only part of TennCare.

Johnson City -232-2600, 232-2719

Elizabethton-547-5950

Bristol- 989-4500

Erwin- 743-1470

Kingsport- 224-1300

Hawkins- 272-9239

### Catholic Charities

423-328-0070

This facility offers Individual and Family Counseling. Sliding fee scale based on income.

### Telephone Support

National - 1-800-273-8255 (TALK) or 1-800-784-2433 (SUICIDE) Provide Telephone Consultations, Crisis Intervention, Assessments, Social Support, and Information/Referral

Tennessee - Send a Text to 741741 for the Crisis Text Line

Crisis Text Line serves anyone, in any type of crisis, providing access to free, 24/7 support and information via the medium people already use and trust: text. Here's how it works:

Text "TN" to 741741 anytime, about any type of crisis.

A live, trained Crisis Counselor receives the text and responds quickly.

The volunteer Crisis Counselor will help you move from a hot moment to a cool moment

[Tennessee] 1-877-928-9062 Woodridge Hospital

Serving Carter, Greene, Hancock, Hawkins, Johnson, Sullivan, Unicoi, and Washington Counties

[NE Tennessee] CONTACT-CONCERN

423-246-2273

A Christian-based telephone helpline. Hours of operation 8am to 11pm, 365 days a year. Serving Sullivan, Johnson, Hancock, and Hawkins counties.

Tennessee Tobacco Quitline  
Free Tobacco Quit Kit; Free Quit Coach

1-800-QUIT NOW (1-800-784-8669)

Narcotics Anonymous

1-866-360-4929

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## **Pets**

### Holly Help Memorial Spay Fund

(276) 466-5375

Address: P. O. Box 1264, Bristol, VA 24203

The Holly Help Memorial Spay Fund is a Bristol based organization which focuses on sterilization surgeries for dogs and cats. They rely mainly on the money received from recycling aluminum cans to finance surgeries.

Important note: When you call please be aware that you may get a machine and before the machine picks up the phone will ring **MANY TIMES**. The message will come on, and then there is a **LONG PAUSE** and then a beep...you can leave a message after you hear the beep.

### Washington County TN Humane Society

(423) 926-8533

Must be a resident of Washington County, TN. Offers financial aid for pet spaying or neutering.

### East TN Spay and Neuter -

(423) 289-5548 info@etnspay-neuter.org Address: P.O. Box

2171, Elizabethton, TN 37644

Transport from (and return to) local drop-off points to a regional low-cost spay-neuter clinic. Currently, we run weekly trips from Elizabethton, TN to Margaret B. Mitchell Spay/Neuter Clinic (MBM). Trips to Animal Medical Center of Greeneville (AMCG) leave from Johnson City and start in October. Frequency will depend on number of interested pet owners.

MBM Surgery: All Dogs: \$60; Female Cats: \$55; Male Cats: \$40

MBM TRIPS: CALL 423-289-5548 TO SCHEDULE

AMCG Surgery: All Dogs: \$50; All Cats: \$40

AMCG TRIPS: CALL 423-202-7741 TO SCHEDULE Both Locations Shots: \$10 each (rabies, distemper/Parvo, kennel cough, feline leukemia) (by state law, every animal must have a current rabies vaccination; if you do not have a certificate of proof of vaccination, a vaccination will be given at time of surgery.)

Pain Medication (for 24 hrs. after surgery): \$2

Flea/Tick treatment: \$10

Transport fee: \$15 for first animal, \$10 each additional animal from same family on same trip.

MBM also offers Home Again microchip: \$20

Low-income pet owners who live in Carter County may qualify for vouchers through the Carter County Humane Society and/or the Elizabethton-Carter County Community Foundation.

All animals must be in a travel crate for transport. Drop-off and return is at the same location, regardless of clinic used. Drop-off locations are centrally located business parking lots, as convenient as possible to those using the service. For example, the old Raceway gas station parking lot in Elizabethton is currently a drop-off/pick-up site.

Please note: You must sign up and pre-pay at least two weeks prior to your scheduled transport date. **NO WALK-INS!**

MBM keeps the animals overnight; AMCG releases animals the same day. Drop-off is generally about 7:30 am. Same day return can be as early as 2:30 pm. Return from MBM is generally about 10 a.m. the next morning.

**GET A VOUCHER IF YOU ADOPT AN ELIZABETHTON SHELTER ANIMAL**

Initial veterinary exam, fecal test, deworming, first set of 6-in-1 & rabies shots, and Spay/Neuter Surgery! This voucher cannot be combined with other vouchers or discounts.

Elizabethton Animal Shelter Voucher Prices:

Female dog: \$88

Male dog: \$73 Female cat: \$68

Male cat: \$58

Contact East TN Spay and Neuter within 24 hours of adopting.

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### **TennCare**

The Health Insurance Marketplace is now the main application for TennCare eligibility. When Open Enrollment is closed, the only way you can apply on the Health Insurance Marketplace is if you qualify for a Special Enrollment Period (major life change such as birth, marriage, divorce, relocation, etc) or if you have young children in the home. If this applies to you, you can apply on the Health Insurance Marketplace at [healthcare.gov](http://healthcare.gov).

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### **Transportation**

Johnson City Transit 423-929-7119 137 West Market Street

Fares: Adults \$1.00; Senior, Disabled, Medicare, Students (Grade K-5) \$.50; Age 5 & Under, Transfers, ETSU Students/Staff Free; Express (Unlimited for 1 Month) \$25.00,

Multi-Ride (25 One-way Trips) \$20.00, Half-Fare Convenience (25 One-way Trips Disabled) \$12.50

NET Trans 423-461-8233 or 1-800-528-7776 First TN Human Resource Agency, 112

East Myrtle Ave, #405, Johnson City, TN 37601

Net Trans provides rural public transportation for a small fee. Please call 24 hours before your appointment to schedule the transportation (must be by noon the business day before the ride is needed)

Southeast Trans 1-866-473-7563

Good Samaritan 423-928-0288 Transportation Vouchers

Tennessee Carriers 1-866-680-0633

Medicare Coverage Hotline 1-890-958-7054

Gibson Transport 423-312-8945

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### **Women's Health Screenings**

For routine Mammograms and Pap smears, please contact your local Health Department and request an appointment.

Washington County / Johnson City Health Center 423-975-2200

<u>Carter County</u>	423-543-2521
<u>Johnson County</u>	423-727-9731
<u>Unicoi County</u>	423-743-9103
Greene County	423-798-1749

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### **Medicare Website**

[www.medicare.gov](http://www.medicare.gov)

The official government website for Medicare. Has info about eligibility and how to sign up for Medicare.

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### **Life Insurance**

Widener Insurance Agency 423-926-7151

Independent Insurance Agency in Johnson City. You can contact their office for a free quote.  
<http://widenerins.com/>

Trusted Choice

Independent Insurance Agents you can meet with to help you decide what programs might benefit you.  
<https://www.trustedchoice.com/>

Globe Life 1-800-742-6786

State Farm 1-833-847-9631

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### **Veteran's Benefits**

Visit [www.va.gov](http://www.va.gov) or visit your local VA in order to learn about what benefits may be available to you.

Mountain Home VA: <http://www.mountainhome.va.gov/>

**Address:** 809 Lamont St, Mountain Home, TN 37684

**Phone:** 423-926-1171

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### **Support Groups**

Various support groups are available through the Health Resources Center in the Johnson City Mall. For a list and details about their programs visit <https://www.mountainstateshealth.com/classes-and-programs/health-resources-center> or Call 423-915-5200.

#### Frontier Health

This clinic offers Individual & Group Psychotherapy, Marital & Family Therapy, Pharmacotherapy, Crisis Services, Case Management, Education & Consultation Services, Parenting Classes, Psychiatric Consultation, and Intensive Outpatient A&D.

They help patients apply for the Mental Health Services Only part of TennCare.

Johnson City -232-2600, 232-2719, 952-3210    Elizabethton-547-5950

Bristol- 989-4500

Erwin- 743-1470

Kingsport- 224-1300

Hawkins- 272-9239

Mountain City- 727-2100

Greenville- 638-4540, 639-1104

## **Hearing Aids**

### Lion's Club

The East TN branch of the Lion's Club offers help connecting individuals with hearing aids that have been recycled. The program is EXTREMELY limited and can take quite a long time. In order to get connected with this program, you can contact the local Lions Club to work with them on a referral. This program is in collaboration with the Hearing and Speech Foundation in Maryville TN. They serve individuals whose income is at or below 100% of the Federal Poverty Level.

Johnson City Lion's Club: [kdg@accmachprod.com](mailto:kdg@accmachprod.com) or [dpshiple@ftb.com](mailto:dpshiple@ftb.com)

Hearing and Speech Foundation (Maryville, TN) 865-977-0981

### National Hearing Aid Project

Helps connect people across the USA with hearing aids that have been donated or recycled. The National Hearing Aid Project is a unique model and one-of-a-kind collaboration created by Hearing Charities of America (HCOA). It addresses the increased demand for hearing aids by providing hearing aids to low-income individuals on a national scale. The project brings organizations together so that each fulfills a specific role in providing hearing aids to the individuals that need them. HCOA has partnered with the Department of Speech-Language-Hearing: Sciences & Disorders at the University of Kansas to maintain and track all of the hearing aids in the program.

THE PRIMARY SERVICES INVOLVED IN THIS PROJECT ARE:

- Accepting and reviewing applications
- Refurbishing hearing aids
- Performing hearing health evaluations
- Soliciting support and services from others who can help support the project Hearing Charities of America 1912 East Meyer Blvd.  
Kansas City, MO 64132  
Phone: (816) 333-8300

### Friends of TN Babies

865-579-2500

### HEAR Nashville

615-442-8333

### The Speech and Hearing Foundation

865-977-0981

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## **Grief Counseling Support Groups**

Offers general grief group counseling for free

- Grace Baptist Church – 114 Broad Street Elizabethton, TN Tuesdays at 1:00 pm. (423) 542-5551
- First Christian Church Group – Tetrick Funeral Services 3001 Peoples Street, Johnson City, TN Contact Laura at (423) 610-0771